Turkey Legs and Vegetables

Dark meat contains many specific vitamins and minerals. It has a softer, moister texture than the white meat. A perfect comfort food when you don't feel well. The only problem with turkey legs is all the extra cartilage strings. Cook it, let it cool, and the meat should fall right off, allowing the cartilage strings to stay in your hand. Turkey legs can be bought by themselves, and they only take about two hours to cook in a conventional oven. Even less time in a table top oven. The meat can then be chopped and used in a variety of dishes.

Pre Cook Preparation:

Marinate: Not necessary

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring
- Table top oven

Visual Accommodations:

- Colored chopping boards
- Table top oven

Potential Food Allergy or Intolerance:

- Pepper
- Potatoes
- Spices
- Turkey

Meatless Preparation Avoid:

- Butter
- Turkey
- Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: Table top oven

Ingredients:

Meat:
- 2 turkey legs

Vegetables:
- 2 pieces of corn on the cob
- 15 ounces of green beans
- 2 potatoes

Other ingredients:
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Open the table top oven and place inside pan:
   - 2 pieces of corn on the cob
   - 15 ounces of green beans
   - 2 potatoes
   - 2 turkey legs
   - Dash of salt
   - Spices, such as pepper, to taste
2. Add about an inch of water.
3. After about an hour, check to see if the meat and potatoes are done.

Cook Temperature: 350 degrees
Table top oven time and temperature may vary.

Cook Time: 1.5 to 2 hours

Servings: 2

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.